

Andy



FORBES'

FIGURE SCULPTING

FOOD DIARY

Andy has been involved in competitive sports for years but found her passion when she was introduced to figure sculpting. She has been exceptionally successful in the sport and is now working towards making the Australian team for International Amateurs.

Check out how she achieved her amazing results.

UPON WAKING:

30mL Ionix[®] Supreme, 2x Natural Accelerator

POST TRAINING BREAKFAST:

40g oats, 180g egg whites plus LSA & cinnamon (Essentials for Women[™], Ageless Actives[™])

MORNING SNACK

100g chicken breast grilled or baked, 1/4 avocado with 200g green salad

LUNCH

100g turkey steak grilled with 120g baked sweet potato

PRE-TRAINING

30mL Ionix Supreme

POST TRAINING

Shake with 1 scoop IsaLean[™] Shake and 1 scoop IsaPro[™]

DINNER

200 g white fish with 200g steamed green vegetables (2x IsaFlush![™])

SNACK

20 almonds if hungry



Weight Loss Disclaimer: The weight-loss testimonials presented apply only to the individuals depicted, cannot be guaranteed and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 3.2 kilos during the first nine days of the Nutritional Cleansing Program.

